

Cholesterol Screening

Cardiovascular disease is the leading cause of death in this country. Many of the deaths from cardiovascular disease occur because the arteries are narrowed or blocked (arteriosclerosis). Cholesterol is an important factor in this condition.

Cholesterol is in every cell of your body, and it should be there. But if you have too much of this waxy, fatty substance (cholesterol) then your risk of cardiovascular disease increases.

Results of Cholesterol Testing

If you have completed the screening test for total cholesterol, what does this number mean?

Desirable	below 200
Borderline	200-240
Undesirable	above 240

Other Important Information

Numerous factors have an influence on your results. If you have any of the following, talk with your health care provider about diet and exercise changes and the possible the use of medication.

- ♥ Current cigarette smoker
- ♥ History of high blood pressure(or taking blood pressure medicines)
- ♥ Heart attack in your mother, father, sisters, bothers or children when the male relative was 55 years or younger and the female relative was 65 or younger
- ♥ Are a male 45 years or over
- ♥ Are a female 55 years or over

If any of the following apply to you, it is very important that you talk with your health care provider about management of your cholesterol, especially the use of medications.

- ♥ Been told by a doctor that you have coronary heart disease.
- ♥ Have had a heart attack
- ♥ Have angina pectoris(chest pain due to insufficient blood flow to the heart)
- ♥ Have had a coronary artery bypass graft(CABG)
- ♥ Have had coronary angioplasty("balloon procedure on your artery)
- ♥ Currently have diabetes (high blood sugar)
- ♥ Have had an abdominal aortic aneurysm
- ♥ Have blockage of arteries in your legs
- ♥ Have ever been diagnosed with transient ischemic attacks(TIAs, transitory stroke)
- ♥ Have a blockage of the carotid artery